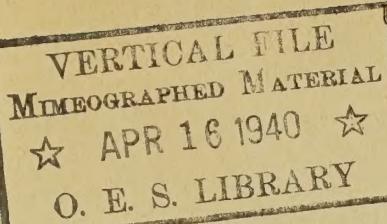


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United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

4-H CLUB MEMBERS!

Check Your Meals Daily for These Foods:

Milk $1\frac{1}{2}$ pints to 1 quart

Butter 1 to 3 servings

Fruits and vegetables 4 to 5 servings
(interchangeable to some extent)

A good balance is:

1 serving potato

1 serving citrus fruit, tomatoes, or raw cabbage

1 serving green or yellow colored vegetable

2 additional servings -- fruits or vegetables or potatoes
(emphasize green and yellow kinds)

Whole-grain bread or cereals 1 to 2 servings

Eggs, meat, fish, cheese, dried beans, or peas 2 servings
(select two different kinds)

Total liquids (water, milk, soup, beverages) 2 quarts or more

Drink water as soon as you get up in the morning.

Cod-liver oil 1 teaspoon

(a fine supplement in winter or when you
cannot afford plenty of whole milk, butter,
eggs, and green-colored vegetables)

With the above protective foods, use additional bread and cereals and
moderate amounts of sweets and fats to make up sufficient food energy
for work, play, and growth.

Begin the day with a good breakfast. Eat sweets only at the end of a
meal. If you are really hungry between meals, drink milk, eat fruit,
or plain bread and butter. Don't eat between meals if it spoils your
appetite for regular meals.

A limited number of copies of this meal-checking plan are
available. You are at liberty to duplicate it for your
own use, mentioning the Extension Service of the U. S.
Department of Agriculture as the source.

